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have discovered how to enjoy swabbing the deck. Just imagine that each stroke is a lick at the Kaiser, that makes it go easy."

I find the men are infinitely gentle with any sick patient and no trouble is too great for his comfort, but for the slacker on the sick list in the Navy, as in any walk of life, there is very little sympathy and the men soon make him realize that he is "in the Navy now," where grumbling will not be tolerated and every man must cheerfully and thoroughly do his part.

I feel that any woman who is trained for active service and does not respond to her country's call, is losing one of the greatest privileges of her life; the opportunity of doing her bit in a vital way and the advantage of coming in contact with the splendid spirit of the men in the service are blessings for which one will always be thankful.

THE FORT BAYARD HOSPITAL FOR TUBERCULOSIS

BY MRS. E. C. HAMILL

Twin Falls, Idaho

Among the mountains of New Mexico, on an elevation of 6,300 feet above sea level, is situated the Fort Bayard Hospital. This is a large hospital for tuberculosis patients from the Army, the Navy, and the Soldiers' Homes all over the United States. The climate is perfect and the hospital is surrounded by most beautiful scenery. It is a very large place, comprising within its boundaries an officers' row, nurses' home, X-ray laboratory, officers' hospital and mess hall, two large hospitals for the enlisted men, an operating room, drug room, large dining hall and main kitchen, with a trained nurse in charge.

The female nurses are on duty in the hospital with the male nurses. Patients able to be up and about, living in tents and barracks, are cared for by the male nurses. Sleeping out of doors is encouraged, and the feeble patients at the hospitals have two beds each, one out of doors and one indoors, the latter used only during severe rain and sand storms. Patients have books, music, clubs, poolrooms, ball grounds, polo space, tennis courts and the recreation hall. Horseback riding, driving and hunting afford great pleasure, as do trips to the mining districts. The large copper flats located to the north glitter in the sun like a great sea of diamonds. Within a few miles are the silver, zinc, lead and iron mines. The great landmark is a rock resembling a kneeling nun.

When a patient is admitted to the hospital he is placed on light

diet, his weight is charted and each week at a stated time he is weighed. The physician then decides whether he shows signs of improvement and, if so, assigns the patient to the tent or barracks where he will have more freedom. Patients carry their paper sputum cups, and large cans are fastened everywhere on porches and verandas, where cups that have been used are deposited, and then at stated intervals the cups are gathered and burned. Rules must be observed as to rest, meals, sleep, exercise, and sun and cleansing baths. After breakfast all return to their beds until after the physician's visit. After dinner, they rest on their beds until 3 p. m., then have an early supper and go early to bed.

Very little medicine is given. Great attention is paid to the cooking and serving of dainty meals. Patients are encouraged to eat fresh eggs, drink good milk and eat butter plentifully. Lunches are served between meals, at 10 a. m., 3 p. m., and 8 p. m. Alcoholic beverages, as beer, wines, whiskey and brandy, are served only at meal times unless otherwise ordered by the physician. We saw splendid results from olive oil given in hot milk four times a day, increasing the oil from one teaspoonful to one ounce, after each meal and at bedtime. One patient gained fifty pounds in four months. Only the very purest California olive oil was used. Good results were also obtained by serving malted milk freely, letting the patient mix it as rich as he could drink it. Some patients were able to take from eight to twelve raw eggs daily, besides the three meals. We served the eggs in an ice cold glass with a little salt and pepper, a little lemon juice, or in wine, beer or whiskey, with a cracker.

The patients take a sun bath daily, the chest being exposed to the sun's rays until copper colored. Some wander into the hills, take off their clothing and then run, exposing the entire body to the sun with good results.

In each ward one can always find a hypodermic barrel loaded with morphia, gr. $\frac{1}{4}$, a filled ice cap, a bowl of crushed ice, a bowl of salt, and a bed rest, all ready for emergency in case of hemorrhage of the lungs. After a hemorrhage, for several hours no solid food is given. Of the hundreds of patients under observation no two are alike.

About the nurses, we at all times fared well, and even though we were isolated in the mountains ten miles from Silver City, we found pleasure in the thought of being able to cheer and make life more bearable for our sick, and felt repaid by the appreciation of the patients in our care. Any one fond of nature and of a good horse could not find it dull. There is the visit to the mines, waiting for the stage or mountain wagon to bring the mail, or a trip after the mail in the ambulance, ten miles, on a Sunday. An hour spent in the X-ray

room, a visit to the guinea pig farm or some simple enjoyment, such as making candy or cake in the nurses' home, all made the time pass pleasantly. The nurses had a cozy home. Our dear chief nurse, Miss Unger, in charge at that time, always planning for our comfort, said one day, "It would be fine to have a piano." So we decided to have one and pay so much on it each month. Then we decided that if each nurse were to pay a fine for using slang, soiling the tablecloth, or talking "shop" at meal time, we could pay for the piano sooner. There was a great deal of amusement connected with this arrangement, especially when one of the nurses was anxious to entertain us with talk about her work in the hospital. When we had collected from the guilty nurses about thirty dollars, our chief nurse, in a letter to headquarters at Washington, told of these facts, and in return a check came from the Surgeon-General for the piano and the advice to spend our money for books and other necessary things to improve our home. Then we sent to Chicago for a dainty set of dishes, some rugs and pictures. Now the nurses have as cozy a home as could be wished. We also had the friendship of the ladies of the post, who at various times gave entertainments for us, which we all enjoyed and appreciated.

HEROIC WOMEN OF FRANCE

BY ALONZO TAYLOR, M.D.

My words are not powerful enough to do even scanty justice to the most heroic figure in the modern world, and of ages past, the woman of France. Of the healthy men who are not in military service in France, practically all are engaged either in transportation or in the manufacture of munitions, leaving the agriculture absolutely to the women. Not only this, but they have stepped into the place of work animals; you can go into any section of France today and see magnificent, noble women hitched to the plough and cultivating the soil. All of the agricultural work rests upon their shoulders. The home, always an extremely efficient one, maintains a few old men, the wounded, and the tubercular. Uncomplaining, with high devotion, and an attitude that amounts almost to religious exaltation, the woman of France bears the burden. Under present conditions, does it lie within the heart of the American people to preserve and hold to every convenience of our life at the expense of adding another burden to the womanhood of France? This is the exact question that is involved in our substitution of other cereals in place of wheat. The women of France must be enabled to hold up the morale of the French soldier